

## STAR-C Program

Mayor Richard J. Berry

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CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



# A Program for Caregivers of Individuals with Dementia

## What makes STAR-C so great?

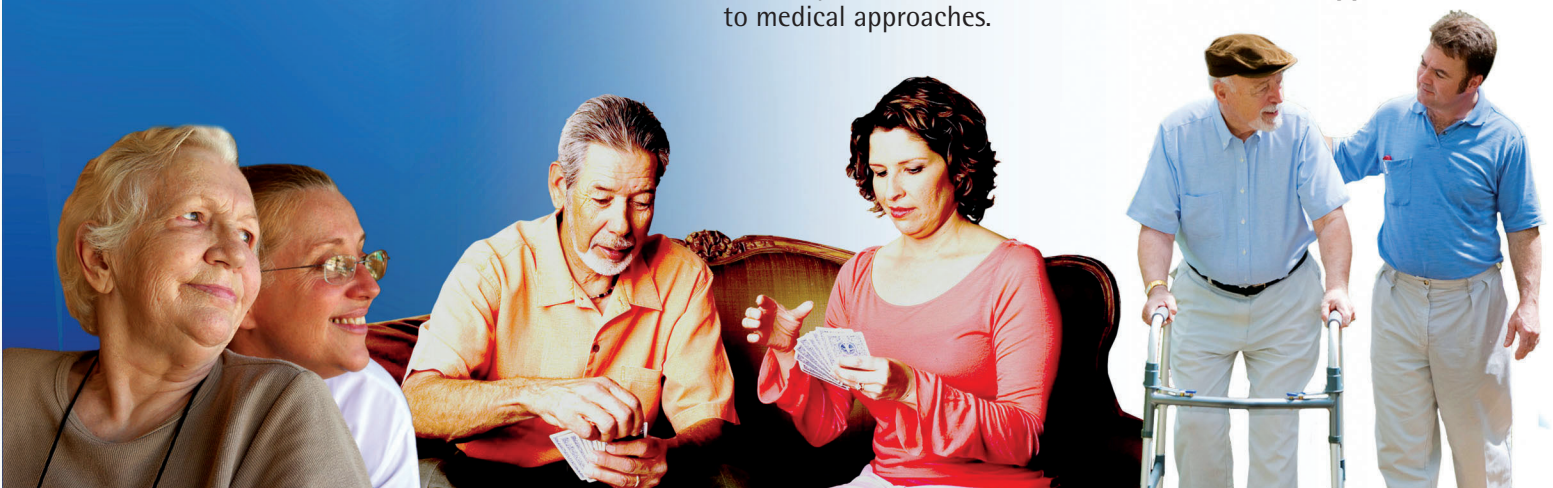
### What is STAR-C?

STAR-C is an in home education program. It is designed to help caregivers recognize troublesome behaviors that people with dementia often have. STAR-C helps caregivers see that these activities do not occur "out of the blue," but are a result of specific causes and consequences.

STAR-C provides caregivers with strategies to help decrease troublesome behaviors, and increase more pleasant times together.

A Department of Senior Affairs Community Consultant will meet with you in your home for 8-9 weekly education sessions. Respite will be provided as needed.

- ★ STAR-C has been designed by Linda Teri, PhD and her colleagues at the University of Washington especially for caregivers of people with dementia
- ★ The STAR-C program is a **well-proven** and effective support for caregivers (Teri, L, McCurry, S, Logsdon, R, & Gibbons, L; 2005).
- ★ Dr. Teri and her colleagues have **thoroughly researched** the strategies taught in STAR-C program for the past 2 decades.
- ★ Research results have shown that caregivers experience a **significant decrease in depression**, worry/anxiety, and feeling of burden when they complete STAR-C.
- ★ Caregivers who participated in STAR-C showed a **5% decrease in depression**; whereas those who only visited their physician showed a 5% increase in depression.
- ★ When caregivers completed STAR-C training, they showed a **13% decrease in worry/anxiety** while those who received no training showed an increase of 19.6%.
- ★ Caregivers who received STAR-C training also showed a **decreased perception of caregiver burden**, whereas those who only visited their doctors showed an increased sense of caregiver burden.
- ★ STAR-C has shown to provide a significant **increase in quality of life** and a decrease in depression, anxiety, and behavioral problems for care recipients.
- ★ STAR-C provides an alternative and/or **additional support** to medical approaches.



For Further Information Contact (505) 764-6400 or 311 (Citizen Contact Center)

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## Who can use STAR-C?

Many caregivers face challenges when supporting individuals with dementia.

Caregivers often find that problem behaviors can make caregiving very stressful. STAR-C offers caregivers the tools to address problem behaviors and thereby reduces their feeling of burden and stress.

If these are problem behaviors you face on a regular basis, creating concerns and stress, then you may want to call 764-6400 to ask for STAR-C.

## Are you noticing problem behaviors in your loved one?

- ★ Asking the same questions over and over.
- ★ Trouble remembering significant past events.
- ★ Losing or misplacing things.
- ★ Forgetting what day it is.
- ★ Starting, but not finishing, things.
- ★ Difficulty concentrating on a task.
- ★ Destroying property.
- ★ Doing things that embarrass you.
- ★ Waking you or other family members up at night.
- ★ Talking loudly and rapidly.
- ★ Appears anxious or worried.
- ★ Engaging in behavior that is potentially dangerous to self or others.
- ★ Threats to hurt self.
- ★ Threats to hurt others.
- ★ Aggressive to others verbally.
- ★ Appears sad.
- ★ Expressing feelings of hopelessness or sadness about the future.
- ★ Crying and tearfulness.
- ★ Commenting about death of self or others
- ★ Talking about feeling lonely.
- ★ Comments about feeling like a failure or not having any worthwhile accomplishments in life.
- ★ Arguing, irritability, and/or complaining.



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